

## Winter & Spring Break Camps for Youth & Teens

### Rhythmic Gymnastics & Creative Dance Camps Winter & Spring Break Camps

#### Girls Ages 5 to 12 years

La Luna Rhythmic Gymnastics winter & spring breaks are designed for the beginner gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

*Instructor: La Luna Rhythmic Gymnastics Instructors  
Location: La Luna Academy 11251 120th Ave NE., Ste 150  
Kirkland, WA 98033, [www.lalunagym.com](http://www.lalunagym.com)*

**Winter Camp 2 days** Resident \$80 / Non-Res \$96  
(Extended care, see below)

Thur & Fri	9am–4pm	Dec 26 & 27	40299
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**For Campers Only** Extended hours (for the two days) from  
8–9am and 4–6pm, Resident \$14 / Non-Res \$17

Thur & Fri	8–9am & 4–6pm	Dec 26 & 27	40311
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**Spring Camp 5 days** Resident \$185 / Non-Res \$238  
(Extended care, see below)

Mon–Fri	9am–4pm	Apr 7–11	40300
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**For Campers Only** Extended hours (for the week) from  
8–9am and 4–6pm, Resident \$35 / Non-Resident \$42

Mon–Fri	8–9am & 4–6pm	Apr 7–11	40312
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### Lego® Pre-Engineering Winter Break Camp

#### Ages 5 to 7 years

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

**This makes a great holiday gift!**

*Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96*

Thur & Fri	9am–12pm	Dec 26 & 27	40320
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### Lego® Engineering FUNDamentals Winter Break Camp

#### Ages 7 to 11 years

Power up your engineering skills with Play-Well TEKnologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletack! Challenging for new and returning students. **And, it makes a great holiday gift!**

*Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96*

Thur & Fri	1–4pm	Dec 26 & 27	40321
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### Lego® Jedi Engineering Spring Break Camp **NEW!**

#### Ages 5 to 7 years

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKnologies. **Sign up early, this camp will go fast!**

*Location: NKCC • 1 week • Resident \$200 / Non-Res \$240*

Mon–Fri	1–4pm	Apr 7–11	40326
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**Washington State sales tax will be added to camp fees.**

## Music

### Move Over Mozart Piano Classes

#### Grade K-6: Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

*A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists). For more information visit [moveovermozart.net](http://moveovermozart.net).*

*Location: NKCC • 10 weeks • No class 11/11, 1/20, 2/13 & 2/17 • Resident \$89 / Non-Resident \$107*

#### Grade K-1: Ages 5 to 6 years

Mon	4:30–5pm	Sept 16–Nov 25	40010
Mon	5:30–6pm	Sept 16–Nov 25	40011
Thur	4:30–5pm	Sept 19–Nov 21	40012
Thur	6–6:30pm	Sept 19–Nov 21	40013
Mon	4:30–5pm	Jan 6–Mar 24	40018
Mon	5:30–6pm	Jan 6–Mar 24	40019
Thur	4:30–5pm	Jan 16–Mar 27	40020
Thur	6–6:30pm	Jan 16–Mar 27	40021

#### Grade 2–6: Ages 7 to 12 years

Mon	6–6:30pm	Sept 16–Nov 25	40113
Thur	5–5:30pm	Sept 19–Nov 21	40114
Mon	6–6:30pm	Jan 6–Mar 24	40115
Thur	5–5:30pm	Jan 16–Mar 27	40116

For Move Over Mozart classes for  
ages 3 to 4 years, see page 18

### Beginning Guitar Turbo Charged!

#### 12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument  
Instructor: Scott Lawson • Location: NKCC • 8 weeks  
No class 2/17 • Resident \$98 / Non-Resident \$118*

#### Ages 12 to 15 years

Mon	5:15–6:15pm	Sept 16–Nov 4	40117
Mon	5:15–6:15pm	Jan 27–Mar 24	40119

#### Ages 16 yrs to Adult

Mon	6:30–7:30pm	Sept 16–Nov 4	40118
Mon	6:30–7:30pm	Jan 27–Mar 24	40120

# Youth & Teens

## Engineering for Kids

### Apprentice Aerospace Engineering: Up, Up, & Away

**Ages 7 to 11 years**

**NEW!** In this course, students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow "astronauts" in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

*Instructor: Engineering for Kids • Location: NKCC*  
6 weeks • Resident \$105 / Non-Resident \$126  
\$35 supply fee payable to instructor

Wed	2:30–4pm	Sept 11–Oct 16	40464
Wed	2:30–4pm	Feb 19–Mar 26	40467

### Apprentice Chemical Engineering: Mix it Up

**Ages 7 to 11 years**

**NEW!** In this course, students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up and oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation.

*Instructor: Engineering for Kids • Location: NKCC*  
6 weeks • No class 11/27 • Resident \$105 / Non-Res \$126  
\$35 supply fee payable to instructor

Wed	2:30–4pm	Oct 30–Dec 11	40465
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### Apprentice Mechanical Engineering: Master Machines

**Ages 7 to 11 years**

**NEW!** In this course students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine a variety of machines and mechanical systems. Students learn about fluid mechanics, simple machines, and other design and advanced engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast CO2 Dragster designed to stop within a target zone.

*Instructor: Engineering for Kids • Location: NKCC*  
6 weeks • Resident \$105 / Non-Res \$126  
\$35 supply fee payable to instructor

Wed	2:30–4pm	Jan 8–Feb 12	40466
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## Cooking

### Creating in the Kitchen with Karen

**Ages 4 to 8 years**

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

*Instr: Karen Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE, past playground, 1st driveway on the right) • 8 weeks*  
No class 1/20 & 2/17 • \$10 supply fee payable to instructor  
Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Sept 9–Oct 28	39988
Mon	3:50–4:50pm	Jan 13–Mar 17	39990

### Holiday Creating in the Kitchen with Karen

**Ages 4 to 8 years**

Cook special holiday treats in 4-week class.

*Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE, past playground, 1st driveway on the right) • 5 weeks • Supply fee of \$6 payable to instructor • Resident \$45 / Non-Resident \$54*

Mon	3:50–4:50pm	Nov 18–Dec 16	39992
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### Valentine Workshop

**Ages 5 to 8 years**

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heart-warming story, and enjoy a valentine snack.

*Instructor: Miss Pamela • Location: NKCC*  
Resident \$17 / Non-Resident \$20

Sat	12–1:30pm	Feb 8	40001
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## Super Safe Sitters

**Ages 11 to 17 years**

Ready for your adventures in babysitting? A super one-day program designed to train in child care. 5-hour program covers parent expectations, first aid, nutrition, fire prevention, personal safety, home security, activities and more. Graduates receive a handbook and certificate.

*No drop-ins please • Bring a sack lunch, an afternoon snack, and lots of questions • Pre-register: no drop-ins the day of class, please • Instructor: Dianne Luecken*  
Location: NKCC • Resident \$38 / Non-Resident \$46

Sat	9am–2pm	Oct 12	40126
Sat	9am–2pm	Dec 7	40127
Sat	9am–2pm	Mar 15	40128

## Life Skills

### Kidsafe

**Ages 5 to 9 years with parent**

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5 to 9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

*Instructor: Joann Factor. Location: NKCC*  
Resident \$37 / Non-Resident \$43

Sat	12:30–2pm	Oct 5	40121
Sat	12:30–2pm	Jan 18	40122

### Young Ladies & Gentlemen (Etiquette)

**Ages 6 to 10 years**

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

*Instructor from Final Touch Finishing School*  
Location: NKCC • Resident \$39 / Non-Resident \$47

Sat	9am–12pm	Oct 26	40123
Sat	9am–12pm	Feb 8	40124

### Starting Point — Middle School Success **NEW!**

**Ages 11 to 14 years**

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

*Instructor: from Final Touch Finishing School*  
Location: NKCC • Resident \$54 / Non-Resident \$65

Sat	1–5pm	Oct 26	40125
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## Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet: Teen

#### Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Location: PKCC • Instructor: Marco Carrabba  
No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20  
6 classes • Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	Sept 11–Oct 16	40322
Mon	4:15–5:15pm	Sept 16–Oct 21	40323
Wed	4:15–5:15pm	Oct 23–Dec 4	40324
Mon	4:15–5:15pm	Oct 28–Dec 9	40325
Wed	4:15–5:15pm	Dec 11–Jan 29	40327
Mon	4:15–5:15pm	Dec 16–Feb 20	40328
Wed	4:15–5:15pm	Feb 5–Mar 12	40329
Mon	4:15–5:15pm	Feb 24–Mar 31	40330

## Youth Dance

### Beginning Ballet/Tap Combo

#### Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Fall 12 weeks No class 10/31 & 11/28

Resident \$86 / Non-Resident \$103

Thur	5:45–6:30pm	Sept 12–Dec 12	40132
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Winter 11 weeks Resident \$79 / Non-Resident \$95

Thur	5:45–6:30pm	Jan 9–Mar 20	40133
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### Ballet 1

#### Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425.587.3350.

Bring your cameras, Parent Watch day is the last day of session • Location: NKCC

Fall 12 weeks No class 11/30

Resident \$86 / Non-Resident \$103

Sat	11:30am–12:15pm	Sept 14–Dec 7	40134
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Winter 11 weeks Resident \$79 / Non-Resident \$95

Sat	11:30am–12:15pm	Jan 11–Mar 29	40135
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### Keiki Hula

#### Ages 5 to 8 and 8-10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and t-shirts to class.

Instructor: Jeanne Makanaoklani Porter • Location: NKCC  
10 weeks • No class 9/18 • Resident \$71 / Non-Resident \$85

#### Ages 5 to 8 years

Wed	5:30–6:15pm	Sept 11–Nov 20	40145
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Wed	5:30–6:15pm	Jan 15–Mar 19	40147
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#### Ages 8 to 10 years

Wed	4:35–5:20pm	Sept 11–Nov 20	40146
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Wed	4:35–5:20pm	Jan 15–Mar 19	40148
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## Hip Hop Girls 1

#### Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit! Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	3:30–4:15pm	Sept 11–Oct 16	40136
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Wed	3:30–4:15pm	Oct 30–Dec 11	40137
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Wed	3:30–4:15pm	Jan 8–Feb 12	40138
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Wed	3:30–4:15pm	Feb 26–Apr 2	40139
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## Hip Hop Boys 1

#### Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	4:20–5:05pm	Sept 11–Oct 16	40446
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Wed	4:20–5:05pm	Oct 30–Dec 11	40447
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Wed	4:20–5:05pm	Jan 8–Feb 12	40448
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Wed	4:20–5:05pm	Feb 26–Apr 2	40449
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## Hip Hop 2

#### Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit! Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	5:15–6pm	Sept 11–Oct 16	40140
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Wed	5:15–6pm	Oct 30–Dec 11	40141
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Wed	5:15–6pm	Jan 8–Feb 12	40142
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Wed	5:15–6pm	Feb 26–Apr 2	40143
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## THRILLER

**AGES 8 TO ADULT!**

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at the Redmond Town Center on October 26 for the Eastside Zombie Party, an event fundraiser for Second Story Repertory Theatre.

**Location: NKCC • 5 weeks**  
**Resident \$15 / Non-Resident \$18**  
**+ 1 can of food each week to support Kirkland Hopelink**

**Registration #40144**

**SUNDAYS • 1-3:15 PM**  
**SEPT 22-OCT 20**

## Cheerleading

### Cheerleading

**Ages 5 to 8 years**

With our Cheer Coach's help your child will learn cheers, chants and dances geared to their level. New routines each session. Parents may join us on the last day of class to see what we have learned. Wear loose comfortable clothing and tennis shoes.

Location: NKCC

**6 weeks** No class 11/11  
 Resident \$42 / Non-Resident \$50

Mon	4-4:45pm	Sept 16-Oct 21	40151
Mon	4-4:45pm	Nov 4-Dec 16	40154

**5 weeks** No class 1/20  
 Resident \$35 / Non-Resident \$42

Mon	4-4:45pm	Jan 6-Feb 10	40155
Mon	4-4:45pm	Mar 3-31	40156

For Pee Wee Cheerleading  
 ages 3-5, see page 21

## Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

*Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2. Location: La Luna Gym, 11251 120th Ave NE Ste #150, Kirkland, WA 98033. www.lalunagym.com*

### Rhythmic Gymnastics Level 1 Beginners

**Girls Ages 6 to 8 years**

This class will introduce students to ballet preparations, conditioning, and basic study of Rhythmic Gymnastics apparatus. Learn simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

*Gymnastics leotard required, bare feet or socks ok.*  
 Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland

**1 hour class** 12 weeks • No class 11/27  
 Resident \$120 / Non-Resident \$144

Wed	6-7pm	Sept 11-Dec 4	40089
Wed	6-7pm	Jan 15-Apr 2	40099

**1½ hour class** 12 weeks • No class 11/30  
 Resident \$162 / Non-Resident \$194

Sat	1-2:30pm	Sept 14-Dec 7	40093
Sat	1-2:30pm	Jan 18-Apr 5	40100

For Rhythmic Gymnastics  
 ages 4-5, see page 22

## Ice Skating

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

*Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.*

### FALL

**Ages 5 to Adult** 7 weeks  
 Resident \$120 / Non-Resident \$144

Mon	6-7pm	Sept 9-Oct 21	40368
Fri	6-7pm	Oct 11-Nov 22	40372
Mon	6-7pm	Nov 4-Dec 16	40369

**Ages 4 to Adult** 7 weeks  
 Resident \$120 / Non-Resident \$144

Tue	10:45-11:45am	Sept 10-Oct 22	40370
Tue	10:45-11:45am	Nov 5-Dec 17	40371

### WINTER

**Ages 5 to Adult** 7 weeks  
 Resident \$125 / Non-Resident \$150

Mon	6-7pm	Jan 6-Feb 17	40373
Fri	6-7pm	Jan 10-Feb 21	40377
Mon	6-7pm	Feb 24-Apr 7	40374
Fri	6-7pm	Feb 28-Apr 11	40378

**Ages 4 to Adult** 7 weeks  
 Resident \$125 / Non-Resident \$150

Tue	10:45-11:45am	Jan 7-Feb 18	40375
Tue	10:45-11:45am	Feb 25-Apr 8	40376





## Youth Ice Hockey

### Youth Ice Hockey 1: Learn to Skate

**Ages 4 to 13 years**

**NEW!** The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2: Learn to Play. Proper skating techniques are the primary focus of the levels. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2 Learn to Play.

*Class will be held at Kingsgate Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • Series Length: 6 week series, one class a week • Registration deadline: one week prior to start of first class • Prerequisite: N/A (new skaters welcome) • No class on 12/21, 12/28, 1/18 or 4/19*

#### **Class Fee with NO Rental Equipment \$110.00**

Sat	8:10–9:10am	Sept 7–Oct 12	40183
Sat	8:10–9:10am	Oct 19–Nov 23	40184
Sat	8:10–9:10am	Dec 7–Feb 1	40185
Sat	8:10–9:10am	Feb 22–Mar 29	40186
Sat	8:10–9:10am	Apr 5–May 17	40187

#### **Class Fee WITH Rental Equipment \$125.00**

Sat	8:10–9:10am	Sept 7–Oct 12	40379
Sat	8:10–9:10am	Oct 19–Nov 23	40380
Sat	8:10–9:10am	Dec 7–Feb 1	40381
Sat	8:10–9:10am	Feb 22–Mar 29	40382
Sat	8:10–9:10am	Apr 5–May 17	40383

### Ice Hockey 2: Learn to Play

**Ages 4 to 13 years**

**NEW!** Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum.

The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. Practices will include stations that teach a variety of skills including stopping, turning, and skating backwards as well as stick handling, passing, and shooting. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

*Class will be held at Kingsgate Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) Full hockey equipment required (equipment rental available at Kingsgate Arena)*

*• Series Length: 16 week program, one hour class held on Saturdays in Kirkland • Prerequisite and Requirements: Hockey 1 or basic ice skating skills • Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class • Annual membership cost is \$49.00 for ages 7 and up • There is no fee for 6 years and younger • The registration is required for insurance purposes and is active for the whole 2013–2014 season • No class 11/30, 12/1, 12/21, 12/28, 1/18 • Registration deadline: one week prior to start of first class*

#### **Class Fee with NO Rental Equipment \$195.00**

Sat	8:10–9:10am	Oct 5–Feb 22	40189
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#### **Class Fee WITH Rental Equipment \$270.00**

Sat	8:10–9:10am	Oct 5–Feb 22	40385
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## Soccer

### UK Elite Feet Soccer Academy

UK Elite offer the best possible professional training for players aged 7–13. Players are divided into groups that match our age-specific curriculum. Older players will learn tactical and functional aspects of soccer while the younger ages will have access to the best possible skill building, fundamental training.

*Participants must wear shin guards • Cleats are recommended*

*Location: Juanita Beach Park, 9703 NE Juanita Drive  
Resident \$100 / Non-Resident \$120*

#### **COED: Ages 7 to 9 years**

Sat	10–11:30am	Sept 7–Oct 19	40435
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#### **COED: Ages 10 to 13 years**

Sat	11:30am–1pm	Sept 7–Oct 19	40436
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## Martial Arts

### Bully Proof Martial Arts Program

**Ages 7 to 12 years**

Teach your kids to stand up for themselves! “I’m giving them the courage-and the permission to be loud with someone who’s physically threatening them” said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on [www.moms.today.msnbc.msn.com](http://www.moms.today.msnbc.msn.com). He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

*Location: Miller’s Martial Arts Academy 8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller • 8 weeks  
Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Sept 14–Nov 2	40130
Sat	9:45–10:30am	Jan 11–Mar 1	40131

2013  
2014

# YOUTH BasketBALL League

This league focuses on basketball skill development, teamwork, and having fun as well as broadens “winning” to include enjoyment of the sport, creating friendships, and the learning of new skills.

Questions about the league visit:

**[www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics) or call 425.587.3360**

**Volunteer Coaches Needed For Each Team!!**

Please see information below.

## **Youth Basketball League Information**

The season begins the week of Dec. 2. Coaches will contact players by phone at least 1 week prior to the beginning of season. The coach will be providing you with information about your practices time and location.

## **Volunteer Coaches Needed**

Volunteer coaches are needed for each team in the league. Volunteer application will be accepted beginning August 19, 2013 and are available online at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics). No prior basketball experience is necessary. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach.

## **Mandatory Coaches Meeting**

The coaches' meeting is Saturday, November 16th from 8:30am to 10am. The meeting is designed to provide valuable information about the league. The meeting will be held at the Peter Kirk Community Center.

## **NYSCA Training**

New Coaches to the league will be registered for an on-line coaches training at [www.nays.org/nyscaonline/](http://www.nays.org/nyscaonline/) and will need to be completed prior to the first day of practice. Returning coaches will need to recertify at the coaches meeting.

## **How are teams formed?**

The KPCS uses the following procedure to create teams for 3rd, 4th, 5th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. Children are placed on the roster for the school they attend, their grade which they are registered for and their gender. The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school.
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.



## The KPCS uses the following procedure to create teams for 6th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. 6th grade boys and girls will register for the middle school which they attend and their gender. On the first day of practice, teams will be formed, based on the number of players registered. All registered players will be placed on a team. Dependent on registration numbers, it is possible that 5th and 6th grade be combined to form a league, ex. 5th/6th Girls and/or 5th/6th Boys
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

## Requests

Kirkland Parks and Community Services do not take requests for specific teams or coaches.

## Games

Games will begin Saturday, January 11, 2014. KPCS youth basketball games are played on Saturdays, 1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 3/1, and 3/8 between 8am–5pm. March 15 will be a makeup game weekend if games are cancelled due to weather. No games will be played 2/15. Teams may have double headers and/or BYE weekends. Game schedule will be posted in mid-December at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics)

## Practices

Teams begin practicing the week of December 2nd. Teams will practice twice a week. Practice start times range from 5:00pm to 8:00pm and may be on any weekday.

## Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

## Snow/Rain

Please call 425.587.3335 during inclement weather to ensure games are being played.

	BOYS				GIRLS			
School	3RD	4TH	5TH	6TH	3RD	4TH	5TH	6th
AG Bell	39619	39631	39646		39580	39593	39606	
Franklin	39620	39632	39647		39581	39594	39607	
Sandburg	39621	39633	39648		39582	39595	69608	
Thoreau	39622	39634	39649		39583	39596	39609	
Keller	39623	39635	39650		39584	39597	39610	
Muir	39624	39636	39651		39585	39598	39611	
Juanita	39625	39637	39652		39586	39599	39612	
Lakeview	39626	39638	39653		39587	39600	39613	
Twain	39627	39639	39654		39588	39601	39614	
Peter Kirk	39628	39640	39655		39589	39602	39615	
Frost	39629	39641	39656		39590	39603	39616	
Rose Hill	39645	39642	39657		39591	39604	39617	
Holy Family	39630	39643	39658		39592	39605	39618	
Kirkland Middle				39659				39663
Kamiakin Middle				39660				39664
Finn Hill Middle				39661				39665
Rose Hill Middle				39662				39666

## Fee \$92.00 plus tax (No Non-Residency Fee)

## Registration Deadlines: October 25th, 2013

Registration after October 25th will be accepted on a space available basis and is only available by calling 425.587.3336.

To register: [www.kirklandparks.net](http://www.kirklandparks.net)  
or call 425.587.3336

## Refund Policy

Refunds/credits, less a \$10 administrative fee, are granted if request is made on or before November 25th. Withdrawals requested between November 26th and December 1st will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. No refund/credit will be issued on or after December 2nd.

## Note

Basketball leagues for grades K–2 and 7–9 are run through the Kirkland Boys and Girls Club at 425.827.0132.



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FOR YOUR **BODY** \* FOR YOUR **HEALTH** \* FOR YOUR **SELF**

# youth & teen Move it!

**Teen Move It! Quarterly Fitness Pass:** One pass gives you unlimited number of classes.  
Look for your age group in the chart below.



If after-school sports isn't your thing, here's your opportunity to build confidence and strength in a positive social environment. This program focuses on exercises that will benefit both guys and girls with plenty of options given to inspire the beginner to train up to the advanced. This program isn't about losing weight or learning dance steps. It's about making a choice to work physical activity into your daily routine to live a healthy, happy life. This program is a sure bet to feeling better and stronger, getting better sleep, and having more energy and focus, which can only lead to better grades too.

## TEEN POWER FIT MON // WED

Think "P90X" style for kids. Incorporating cardio and plyometrics with isometrics and body-weight bearing exercises. This class will offer a challenge to all levels that will focus on reaching the next level of conditioning to build strength and endurance quickly... guaranteed to improve any score on the state physical fitness standards test.

## TEEN YOGA TUE // THUR

With all the pressures of today's school environment, this program is offered to learn focus, meditation and breathing techniques while gaining strength and flexibility. Building long lean muscles through yoga is one of the best ways to maintain a healthy active life without all the aches and pains that come with stress, weight gain and age.

**Look for your age group in the charts below.**

A minimum number of registrants is required to operate this program.

### MIDDLE SCHOOL Ages 11-14

FALL PASS: Sept 9-Dec 19 #40455 • 14 weeks • R \$75 / NR \$90 No class 11/11, 11/25-30, 12/13	WINTER PASS: Jan 6-Mar 27 #40456 • 12 weeks • R \$65 / NR \$78 No class 1/20, 2/17
MON Power Fit 4:15-5pm	MON Power Fit 4:15-5pm
TUE Yoga 4:15-5pm	TUE Yoga 4:15-5pm
WED Power Fit 4:15-5pm	WED Power Fit 4:15-5pm
THUR Yoga 4:15-5pm	THUR Yoga 4:15-5pm

### HIGH SCHOOL Ages 14-18

FALL PASS: Sept 9-Dec 19 #40457 • 14 weeks • R \$75 / NR \$90 No class 11/11, 11/25-30, 12/13	WINTER PASS: Jan 6-Mar 27 #40458 • 12 weeks • R \$65 / NR \$78 No class 1/20, 2/17
MON Power Fit 3:15-4pm	MON Power Fit 3:15-4pm
TUE Yoga 3:15-4pm	TUE Yoga 3:15-4pm
WED Power Fit 3:15-4pm	WED Power Fit 3:15-4pm
THUR Yoga 3:15-4pm	THUR Yoga 3:15-4pm